

CBD will decrease your appetite

Hunger is the need to eat. Appetite is the *desire* to eat. CBD will decrease your appetite.

The most common ingredient in cannabis, tetrahydrocannabinol (THC) is famed for stimulating appetite, a condition known as “the munchies.” The next most common ingredient, [cannabidiol \(CBD\)](#), goes the other way and lessens appetite. It's thought this is because THC binds strongly to the brain's CB1 receptors, while CBD doesn't. CB1 receptors are believed to play a role in appetite regulation.



You'll do this less with CBD. Photo: Ron Frazier

More about what happens with CB1

More detail about the effect of CB1 receptors on weight loss was seen in a study of rats. This featured in [Frontiers in Neuroscience](#) in 2017. CBD blockaded CB1 receptors.

In this two-week study, rats were injected daily with 0.000038 oz (which is better described metrically as 1.1 mg) or 0.000081 oz (2.3 mg) of CBD per pound of body weight. With both doses, there were significant reductions in body weight and more so with the higher dose.

Ghrelin and leptin

Ghrelin is commonly known as the hunger hormone because it stimulates appetite. It tells the body that it needs food. Leptin signals satisfaction, informing the brain that enough energy has been consumed. Research suggests that CBD modulates the levels of these hormones.

Perhaps CBD being anti-inflammatory helps as well

CBD's very well-known anti-inflammatory properties might also help. Chronic

inflammation might disrupt metabolic processes and lead to such conditions as obesity. There have been studies suggesting that CBD has a positive effect on insulin sensitivity, which plays a key role with the metabolism and energy storage. One prominent one was published in the [Journal of Appetite](#). It found that participants who consumed CBD had less appetite, which was attributed to the compound's interaction with receptors in the endocannabinoid system.

CBD turns white fat brown

There are two types of fat in the body: white and brown. White fat is more common. It stores energy and cushions your organs. When there's an excess of it, it's also the kind of fat most associated with such chronic illnesses as diabetes and heart disease. Brown fat, on the other hand, generates heat by burning calories, leading to weight loss. People of a healthy weight generally have more brown fat than those who are overweight.

You can turn white fat brown by exercising, exposing yourself to cold temperatures and getting enough sleep. A [study published in the journal *Molecular and Cellular Biochemistry* in 2016](#) found that CBD also turned white fat brown. The study, alas, was performed in test tubes rather than upon humans, which would be required to confirm it.

There's less binge eating with CBD

Binge eating is often the result of such psychological factors as anxiety. [CBD reduces anxiety](#), possibly resulting in a decrease in compulsive eating.

So how do trials go?

There are, as demonstrated here, a number of reasons why CBD can decrease your appetite. It can also increase it by regulating digestion, reducing nausea and vomiting and reducing bloating. So let's look at some trials.

11 CBD trials were reviewed by the journal [*Clinical Drug Investigation*](#) in 2022. Eight found appetite to decrease in response to CBD, one found it to increase and two discerned no effect. Effects were more pronounced the fatter the person was or, to put it more politely, those who had a higher body mass index.